



FREE YOGA at the Park

All levels; beginners welcome!

Please bring a mat (only a few extras will be provided.)

Gretchen Karma, certified yoga instructor, will guide you to personalize your own yoga practice, with an emphasis on breathing and gentle mindful movement.



MONDAY, NOON - 1:00 P.M.

Point Vicente Park/Civic Center (City Hall)

Meet by Tennis Court Gate

(Will meet in Community Center in case of rain)

30940 Hawthorne Boulevard, RPV

Begins March 7th, 2016

TUESDAYS, 8:30 A.M. - 9:30 A.M.

Hesse Park - McTaggart Hall

(Classes will meet in the community room during cold months.)

29301 Hawthorne Boulevard, RPV

Begins February 2nd, 2016

Please contact the Recreation and Parks Department for more

information at: 310-544-5260 or parks@rpvca.gov